

HOW TO REGISTER YOUR INTEREST:

If you are interested in attending this awareness raising session please contact:

susan@sdcmh.org.uk

Tel: 0131 454 3464

Or confirm your attendance by posting this form to: Susan Lowes, Scottish Development Centre for Mental Health, 17a Graham Street, Edinburgh, EH6 5QN.

Name:

Job Title:.....

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Organisation:

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Address:

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Tel:.....



scottishdevelopmentcentre
for mental health

CONTACT DETAILS for more info:

Sarah Shimmen
Scottish Development Centre for Mental Health
17a Graham Street
Edinburgh EH6 5QN
Tel: 0131 555 5959
Email: sarah@sdcmh.org.uk

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Promoting positive mental health in workplaces



Mental Health & Well-being Awareness Raising Session

A partnership approach to achieving improved work-place well-being

Promoting positive mental health in workplaces

This is a joint initiative being taken forward by the Scottish Trade Union Congress (STUC), Scottish Development Centre (SDC) and the Scottish Centre for Healthy Working Lives (SCHWL), with support from the Scottish Government.

Aims

The aim of the project is to raise awareness of the benefits of a healthy inclusive workplace and to provide workplace support for individuals with mental health issues.

Five workplaces have participated in this project and through a series of focus groups discussions helped to shape the design of the awareness raising session being offered.

Awareness Raising Session

Details of two half day training sessions have been designed to help raise awareness and tackle mental health related issues in the workplace. **The BME voluntary sector have been included in this piece of work through links with BEMIS.**

How to register your interest

For details on how to register your interest in attending this awareness raising session please see overleaf. Please note places are limited.

Cost

The costs are covered by the project so places are **free** to participants.

Benefits to the employer

By tackling stigma and discrimination around mental health problems in the workplace, employers can make a positive impact on the lives of people who are experiencing, or have experienced, mental illness.

Challenging stigma round mental health problems and promoting recovery from them helps everyone, and means people are more likely to seek help earlier and recover more quickly.

Benefits to the employee

When employees are physically and mentally healthy they have better energy on the job, are absent less, have improved morale, and are tend to enjoy their work more.

If you have any questions please do not hesitate to contact Sarah Shimmen Tel: 0131 555 5959 or email sarah@sdcmh.org.uk.

MENTAL HEALTH AND WELL-BEING AWARENESS RAISING SESSIONS

TWO HALF DAY SESSIONS

DATES : 20th May & 17th June

VENUE: BEMIS,

The Centrum Building,

3rd Floor, 38

Queens Street, Glasgow G1 3DX



Please note these training sessions will take place in the morning from 9.15am—1pm. Lunch will be provided

Outline of sessions:

DAY ONE

- Mental health factors at work – positive and negative, Flourishing or languishing
- Risk & Protective factors—Case studies
- Partnership working-The benefits
- Introduction to six principles of partnership working on health and safety

DAY TWO

- Group to pick and discuss two workplace related issues
- Discussions around how the six principles do or do not work within the workplace

A mentally healthy *workplace* is more productive, has lower staff turnover and lower absences.